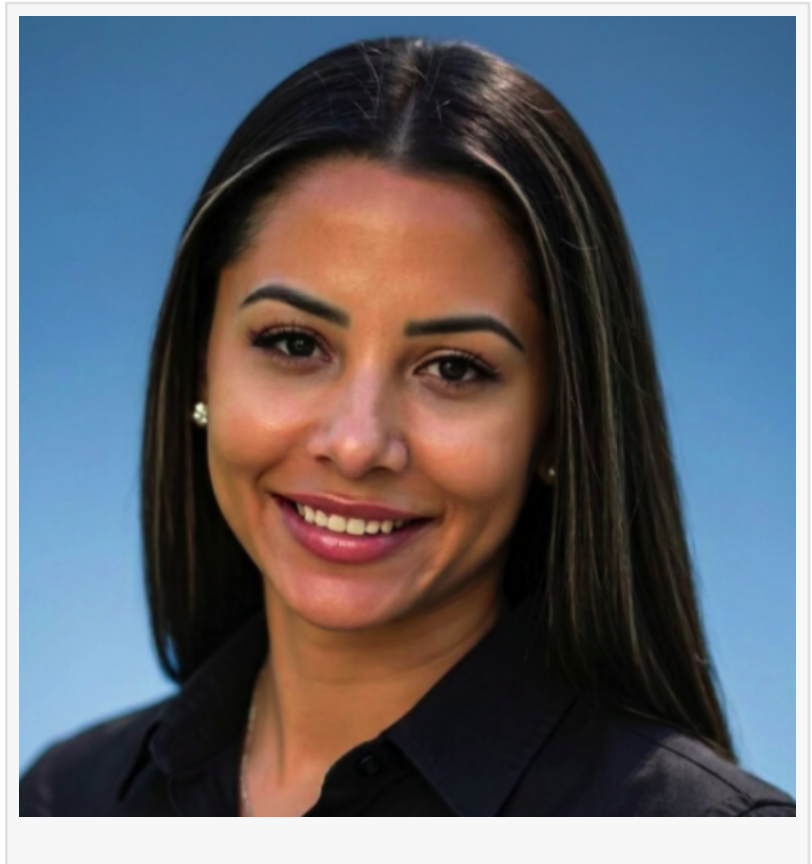


# Influential Women Profiles: Jasmine Gambino, LCSW-C, LICSW, LCSW: Advancing Holistic Mental Health Leadership

SILVER SPRING, MD, UNITED STATES, June 22, 2026 /EINPresswire.com/ -- Seasoned Clinical Leader Integrates Trauma-Informed Care, Organizational Excellence, and Mind-Body Wellness to Strengthen Mental Health Services and Support Lasting Change

Jasmine Gambino, LCSW-C, LICSW, LCSW is a seasoned mental health leader and Founder of Inspire Hope and Change Therapy, LLC. With more than a decade of experience in healthcare and human services, she has dedicated her career to improving the lives of individuals and families through compassionate care, clinical leadership, and a commitment to holistic well-being.



Jasmine began her professional journey working closely with individuals with disabilities, where she developed a deep understanding of the importance of advocacy, individualized support, and strong systems of care. Her ability to identify opportunities for improvement and her genuine desire to help others quickly propelled her into leadership positions, allowing her to influence not only direct client outcomes but also the organizational structures that support effective service delivery.

Guided by a passion for understanding human behavior and fostering resilience, Jasmine expanded her expertise into clinical social work, ultimately becoming a Licensed Clinical Social Worker and Board-Approved Supervisor. She earned her Bachelor's Degree in Psychology from Howard University and her Master's Degree in Social Work from the University of Maryland School of Social Work, building a strong foundation in evidence-based practice and culturally responsive care.

Today, she provides psychotherapy and transformational coaching through Inspire Hope & Change Therapy, LLC, supporting individuals on their healing and personal growth journeys. In addition, she partners with organizations and agencies to provide clinical leadership, supervision, program development, quality assurance, training, and consulting services, helping strengthen both clinical excellence and organizational effectiveness.

As a mental health leader, Jasmine provides mentorship, supervision, and guidance to clinicians navigating the complexities of the profession. She is actively involved in program development, policy creation, and quality improvement initiatives designed to ensure that services remain effective, sustainable, and responsive to the evolving needs of clients and communities. Through her leadership, she has cultivated environments where clinicians feel supported, valued, and empowered to grow professionally.

Jasmine attributes her success to her keen ability to recognize areas for improvement and her commitment to helping others succeed. By developing clear systems and structures that promote efficiency, collaboration, and clarity, she has consistently strengthened teams and enhanced service delivery. Her leadership approach reflects a belief that supporting the people who provide care ultimately improves outcomes for those receiving it.

The best career advice Jasmine has received came from mentors who invested in her development and challenged her to grow as both a clinician and leader. She credits influential figures such as Tonya Headley-Coppin, Founder of Global Resources and Support LLC, and Sierra Hartsfield, LCSW-C, Founder of Inspire Me Counseling, LLC, with helping shape her leadership philosophy. Their guidance reinforced the importance of lifting others as one advances professionally, particularly in a field where burnout and emotional fatigue are significant concerns.

Committed to paying that support forward, Jasmine prioritizes mentorship and leadership development within her own work. She recognizes that cultivating future leaders requires intentional investment, encouragement, and growth opportunities.

In addition to her traditional clinical expertise, Jasmine incorporates holistic wellness practices into her professional philosophy. As a certified yoga teacher, sound bowl healer, and Reiki Level I practitioner, she is revitalizing her private practice to blend evidence-based therapeutic approaches with complementary mind-body modalities. Through breathwork, wellness education, and life coaching principles, she seeks to help individuals address emotional well-being in a comprehensive and meaningful way.

Jasmine views health and wellness as ongoing practices rather than isolated interventions. She believes that supporting mental health requires attention not only to emotional needs but also to physical, spiritual, and lifestyle factors that influence overall well-being.

When advising young women entering the field, Jasmine encourages them to remain open to the

many opportunities that exist across healthcare and human services. While it can be tempting to focus exclusively on one area of interest, she emphasizes that every component of the profession is interconnected. Developing an understanding of case management, policies and procedures, insurance systems, and accreditation requirements provides valuable insight into how services function and how professionals can maximize their impact.

She also encourages emerging professionals to adopt a whole-person perspective and remain committed to continuous learning. In her view, a willingness to explore different aspects of the field creates a stronger foundation for long-term success and more effective client advocacy.

Jasmine identifies clinician burnout and the limitations associated with insurance and accreditation requirements as some of the most pressing challenges facing the mental health profession today. Clients often must meet specific diagnostic or medical necessity criteria to access reimbursable services, which can restrict the types of interventions providers are able to offer.

At the same time, she sees tremendous opportunities to improve systems and strengthen program infrastructure in ways that expand services while better supporting clinicians. By investing in sustainable practices and creating healthier work environments, organizations can enhance both employee well-being and client outcomes.

Mindfulness and faith remain central values in Jasmine's professional and personal life. She is an active member of Unity of Washington, D.C., where she leads mindful yoga and breathwork exercises for the community. She strives to model the wellness practices she encourages others to embrace, recognizing that self-care is essential for those dedicated to supporting others.

For Jasmine, the integration of clinical excellence, mindfulness, and authentic leadership reflects a commitment to serving individuals and communities with compassion and purpose. She believes that meaningful change occurs when people are empowered with the tools, support, and understanding necessary to thrive.

Through her leadership, mentorship, and dedication to holistic care, Jasmine continues to inspire both clinicians and clients to cultivate resilience, prioritize emotional wellness, and pursue purposeful growth. Her work demonstrates that effective mental health care flourishes when evidence-based practice is paired with empathy, intentional leadership, and a genuine commitment to human connection.

As the field continues to evolve, Jasmine Gambino remains focused on creating spaces where healing, hope, and transformation are possible—for providers, clients, and the communities they serve.

Learn More about Jasmine Gambino:

Through her Influential Women profile, <https://influentialwomen.com/connect/Jasmine-Gambino> or through her website, <https://ihctherapy.com/>

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